

Turning Challenges into Victories:



Learning to SOAR in Times of Uncertainty

Elaine Kempski

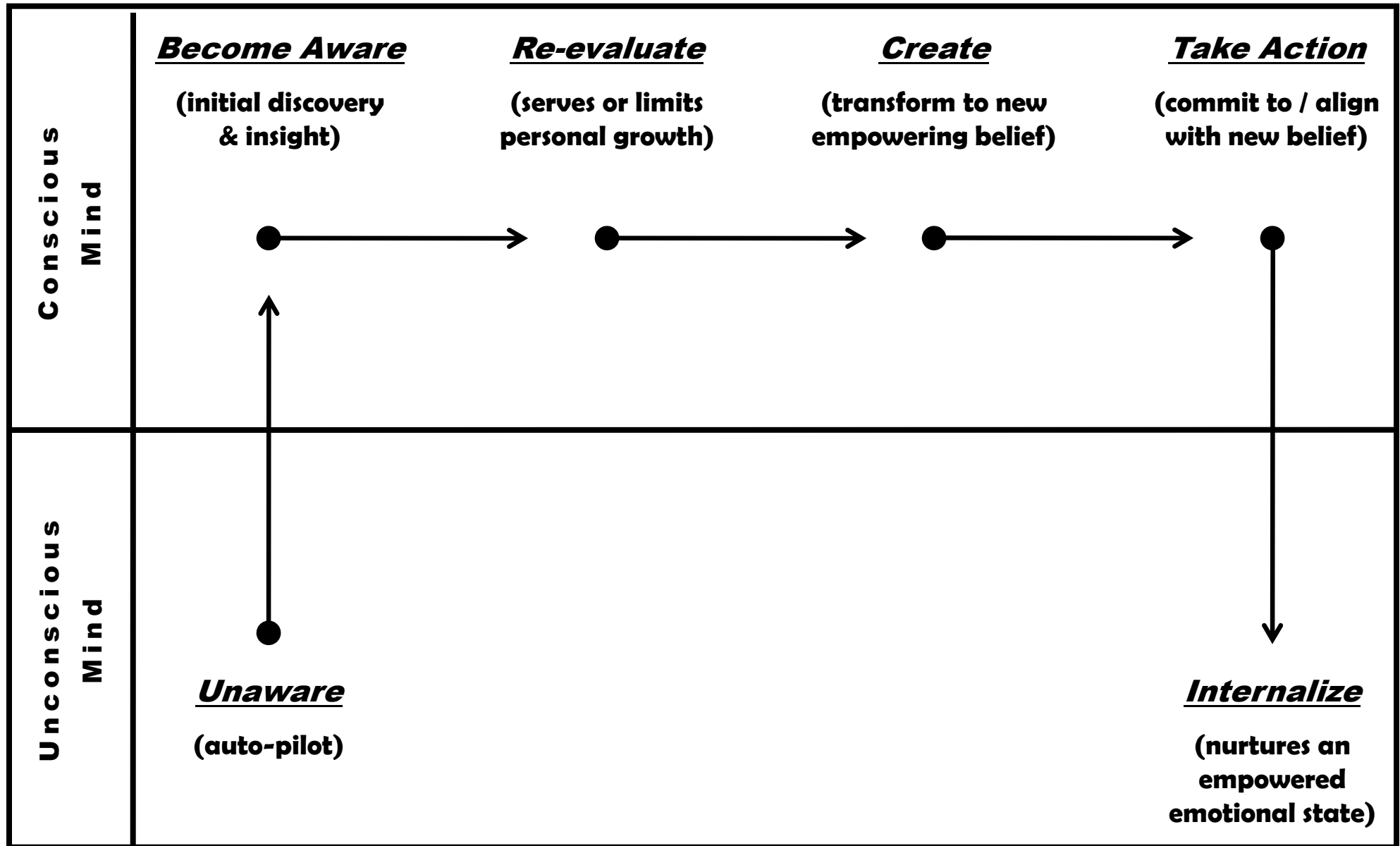
Founder, Certified Coach and Inspirational Speaker/Writer

Inner Journey Coaching

“The journey forward begins inward!”™

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Transforming Our Beliefs



Making the Journey

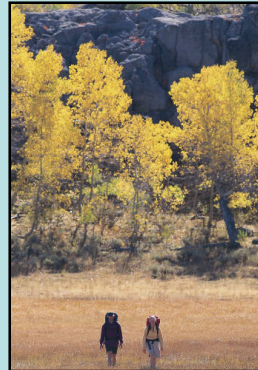
H O N E S T Y

Growth requires us to be honest with ourselves. To journey *inward* for our deeper truth and journey *forward* with that wisdom!

C O U R A G E

It takes great courage to be honest with ourselves. This is especially true in the areas we experience our greatest challenges.

3 inner qualities to



***serve your
journey***

C O M P A S S I O N

Being patient and kind with ourselves while we are ALSO being courageously honest. Compassion helps create the “space” we need to learn, grow and flourish!

The KEY is balancing all 3 as you journey inward and forward!

Today's Journey: "Turning Challenges into Victories!"

<p>1st Key = Positive Focus</p>	<p>1) Think of an AREA of your life in which you feel <i>fulfilled or successful</i>? Indicate life area here: _____ What percentage of your beliefs are positive? _____ %</p>	<p>2) Think of an AREA of your life in which you feel <i>unfulfilled or frustrated</i>? Indicate life area here: _____ What percentage of your beliefs are positive? _____ %</p>
<p>2nd Key = Empowering Beliefs</p>	<p>3A) For the life area listed above, write a CORE BELIEF that reflects your feeling <i>fulfilled or successful</i>: "I _____" _____."</p>	<p>4A) For the life area listed above, write a CORE BELIEF that reflects your feeling <i>unfulfilled or frustrated</i>: "I _____" _____."</p>
<p>3rd Key = Empowered Emotional State</p>	<p>3B) What FEELINGS does the above belief <i>evoke</i> in you? _____ _____</p>	<p>4B) What FEELINGS does the above belief <i>evoke</i> in you? _____ _____</p>
<p>Transform Your Belief & Engage an Empowered Emotional State</p>	<p>5A) Write a NEW, EMPOWERING BELIEF (to <u>replace</u> the core belief you wrote in 4A above): "I _____." _____</p> <p>5B) What FEELINGS does this <u>new</u> belief <i>evoke</i> in you? _____</p> <p>5C) How would your life be SIGNIFICANTLY IMPROVED by living firmly from this <u>new</u> belief? _____ _____ _____</p>	

**Putting Your
New Belief
into Action:**

6) To gain the FULL BENEFITS of your new, empowering belief (#5A on previous page), complete the following:

“I commit to START doing..._____”

_____”

“I commit to STOP doing..._____”

_____”

“I commit to CONTINUE doing..._____”

_____”

As you move forward, remember to embrace the qualities of: *honesty, courage and compassion!*

Thank you for journeying with us today!

Elaine Kempski

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Inspirational Speaker/Writer*

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